Homemakers To Meet Oct. 14th

The Young Homemakers will have their monthly meeting Thurs., Oct. 14, at 7:30 p.m. in the ACHS Home Ec. Dept.

Mrs. Sherry Tillery, physical education teacher, AES, will give the program on why we need physical fitness and how to exercise.

Preparation for Railroad Day will be completed at the next meeting.

Hostesses for the month are Rachel Lee and Betty Jo Smith. The Young Homemakers welcome anyone desiring to become a member.

LAMPKIN SELECTED FOR ROLE IN COLLEGE PLAY

RADFORD -- John L. Lampkin, Jr., a sophomore theatre major at Radford College, has been selected for the role of Minner in the college theatre's productin, "The Unsinkable Molly Brown." The musical by Meredith Willson will be shown at 8 P.M. on Oct. 12 - Oct. 16, with a matinee at 1:30 p.m. on Oct. 15.

Lampkin is the son of Mr. and Mrs. John L. Lampkin of Rt. 1, Box 414, Appomattox.

At Radford Lampkin is a member of the yearbook staff and Ujima.

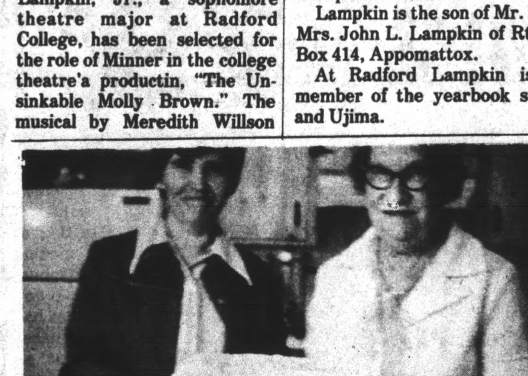
Bargain Mart.

From toys to treasures, linens to lawnmowers, area bargain hunters will find the Lynchburg Armory full of rock bottom prices at the 16th Annual Bargain Mart, October 22. This giant sale is sponsored by the Junior League of Lynchburg to raise money for its Community Trust Fund. Doors of the Armory will open at 7:00 a.m on Friday, and the sale lasts until 9:00 p.m.

Departments include men's, women's and children's clothing, accessories, shoes, large and small household, toys, linen and bedding, and a special treasure corner. A food concession will serve coffee and doughnuts, hot dogs, beverages and snacks all day long.

The sale, held annually since 1961, serves two purposes. It raises funds to be put back into the community by the League through its various projects. It also offers merchandise of all types at truly low prices -- a welcome opportunity for everyone when money is short and needs are many.

The Armory is located on Church Street in Lynchburg, in the 1200 block. Mrs. Richard T. Mosby is Bargain Mart Chairman, and all work of Collecting, tagging, arranging and selling the rummage is done by members of the Junior League.



Happy Birthday County Line

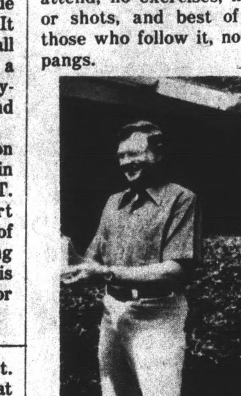
HOMEMAKERS! Shown above are Mrs. Gayle Nash, president and Mrs. Helen McDaniel, vice president, holding their club's first birthday cake. Congratulations to this fine group of homemakers for a very successful first year.

Lynchburg Resident Smiles And Brags About His Losses

C. W. Dudley, well known foreman at B & W, and top area Square Dancer smiles about a loss he can enjoy and brag about. He has taken a big weight loss in the past 12 weeks. From 28 lbs. down to a trim 200 lbs. and feels like a million.

In addition to losing all this excess weight, the chest pains he had no longer bother him and he can put in a full day's work without feeling tired.

The reason for the smiles and bragging is one shared by many Lynchburg area residents. It's a new weight loss program requiring no meetings to attend, no exercises, no drugs or shots, and best of all for those who follow it, no hunger pangs.

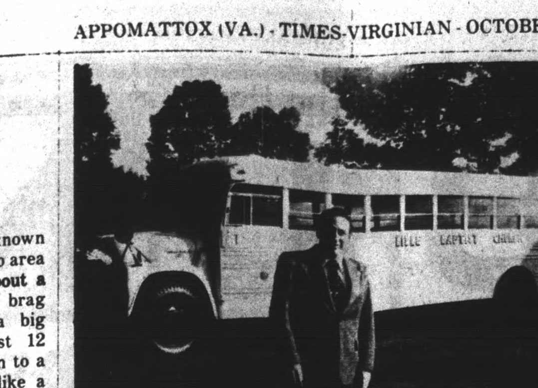


C. W. Dudley, right, originally Brookneal resident. Now resides in Lynchburg, Va., receiving another NATURSLIM 30 day program.

The key to the program is a all natural food power call Naturslim taken twice a day in the form of a milkshake, or in un-sweetned fruit juice. Taken for breakfast and lunch, it provides two high protein meals. Then the user can eat almost anything he or she wants for dinner - no impossible restrictions. Also included with Naturslim are vitimins which provide the required daily needs.

According to C. W., he learned of this weight loss program by word-of-mouth, and purchased his first program from a dealer in Lynchburg. Each can supplies 60 meals, which includes the low fat milk or juice used, along with the various flavors that can be added to lend variety.

NOTE: See advertisement in this issue of **Times-Virginian**, See Page No. 5 on the product mentioned. Now available in area drug stores.



Bible Baptist Purchases Activity Bus

Rev. Earnei W. Lucas is standing beside of the Activity Bus that the Bible Baptist Church has recently purchased.

One of the members of Bible Baptist Church, Mr. Larry Smith, completly overhauled all mechanical parts of the bus, members and friends of the Church sanded the bus and Bro. Lucas painted it and shortly afterwards the Church used the bus on a trip to Kings Dominion.

This Activity Bus was purchased to take the young and old on Church outings, youth camp, etc.

It has already proved to be a blessing and the Church has two scheduled outings in the near future.

This Saturday, October 16 at 7:00 a.m. the church will be using the bus for an outing to Natural Bridge and to Lexington, Va. to see the history of Robert E. Lee and the museum at Washington and Lee University.

MRS. BRYAN'S 4-H CLUB

Mrs. Bryan's 6th grade club met on Wednesday, September 20. During the meeting we filled out our 4-H enrollment cards and elected our officers for this school year. The officers elected are as follows: Presient-Jeff Miller, Vice President-Rick Caldwell, Secretary-Delisa Watkins, Reporter Patricia Chandler and Reacreation Leaders-Lisa Rogers and Shelia Roach.

Our Extension Agents, Mr. Goldman and Mr. Sweet told us about the Five County Fair exhibits, an officer training workshop to be held this month and Share the Fun which will be held in November. We also discussed many of the programs we'll be having during the year. One thing took place this weekend, The Bike-A-Thon for Cancer, Sunday, October 10, that began at 2:00 p.m. And the Chick-N-Que contest being held At The Holiday Lake 4-H Educational Center.

Members were reminded to bring their 4-H projects from last year to the October meeting.

Our class president, Jeff Miller, led us in the Pledge of Allegiance and the 4-H Pledge as the meeting was adjourned.

Patricia Chandler, Reporter

Covingston Completes Course With Cont. Telephone

Robert Walker Covington, Jr., of Pamplin, an installer-repairman at the Amherst address of Continental Telephone System Training Center near Amherst, Virginia.

Each studnet completing the 10-day course is able to analyze, troubleshoot and repair paystation telephone equipment.

The first part of the course concentrates on the basic principles of electricity as applied to modern coin telephones. Before graduation, the student is able to read a paystation circuit diagram; install coin telephones, booths, and booth-ettes; locate and repair troubles using special testing equipment on multi-slot and single slot units.

Covington joined the Company as a lineman in January, 1964.

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Starring David Carradine P.G.

Double Feature

Friday, October 15 - Saturday, Oct. 16 — Sun., Oct. 17

"DEATH RACE 2000"
Starring David Carradine and Simone Griffeth R
"CRAZY MAMA"
Starring Cloris Leachman, Stuart Whitman & Ann Southern and Jim Backus P.G.

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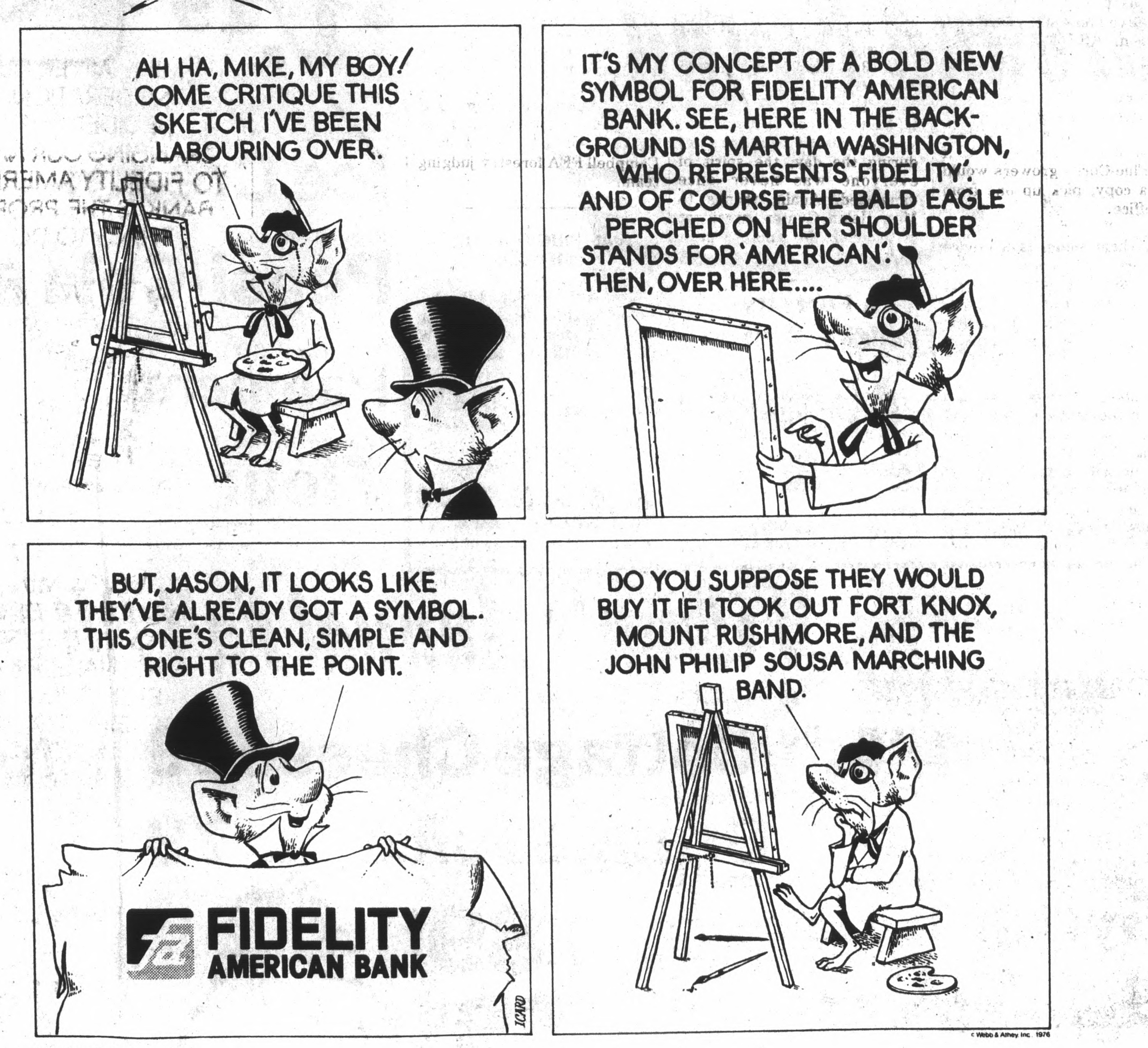
Quiet as a ~~church~~ bank mouse.

by Fidelity American Bank



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On October 4, 1976, Fidelity National Bank quietly changed its name.

FIDELITY AMERICAN BANK NA

"The South 40"

by JAMES A. SMITH
EXTENSION AGENT

The summer drought could present a problem with Atrazine residue for oats and barley. One solution is to plow rather than disc. There's no practical test that you can use that's better than judgement.

* * *

It's time to topdress lawns. If they haven't had a shot of nitrogen at the rate of 1 to 1½ lbs. actual N per 1000 square feet, do it now. Sometime between now and November 10 apply 15 lbs. 10-10-10 per 1000 square feet.

Some lawns need to be dethatched. Several businesses in Appomattox have these machines for rent. Remove the thatch and then apply the fertilizer.

This fall is also a good time to check the soil pH and add any needed lime. It will make your fertilizer more effective.

* * *

The forage testing lab at Virginia Tech has been re-located into another building and can now test your samples. It would seem to me that this is a critical year to have your forage analyzed.

* * *

Have a letter from a source in eastern Virginia offering Peanut Hulls for sale. If you are interested, you can get the name from us.

* * *

It's important to prevent mold from forming in newly harvested shelled corn. Air should be forced through bulk grain as soon as possible.

One mold in particular, AFLATOXIN, is deadly to cattle and man. If you suspect Aflatoxin contamination, a sample can be sent to the Grain Division, ARS-USDA in Norfolk.

* * *

Tobacco Associates have prepared a very fine brochure on activities and accomplishments of that organization. If you Flue-Cured growers would like a copy, pick up one from our office.

* * *

The heat pump is a device that heats and cools. It is also the most efficient electric heating system on the market today. If you are considering building, this is one item that should be considered.

* * *

Monday, 10 a.m., at the Marvin Glover Farm there will be a demonstration on the use of Phostoxin to control stored grain insects. If you are using metal bins or plan to go to this storage system, you'll want to attend this program, Oct. 18.

* * *

A lot of gardens will be plowed in late fall. Why not pull a soil sample now and if lime is needed, plow it down.

* * *

I understand that the warning labels for machine guarding will be available through machinery dealers. This law is effective October 26.

* * *

Did you know that if all the oil used in the U.S. in a one-month period was put in drums, the stack would extend to the moon!

* * *

A recent study shows that food prices would jump four to five times if no pesticides were used. What this means is that instead of spending 18 cents out of your take home dollar for food it would increase to 75 cents.

* * *

PRECIPITATION:

Last week	2.61
This Month	4.63
This Year	36.09

Young Hearts Club Visiits "Old Salem"

On September 30th, members and friends of the Young Hearts Club left at 7:30 a.m. by bus for a visit to Old Salem in Winston-Salem, N. C.

Arriving around 10:30, the group first visited the Museum of Early Decorative Arts. Other places of interest which were toured included the following: Single Brothers House, Miksch Tobacco Shop, Salem Tavern and Museum, and Boys School which were all erected in the 1700's and Winkler Bakery, Market-Fire house and John Vogler House which were built in the early 1800's. Lunch was inserted between visits to the various buildings.

At 3:30 the group started homeward with a stopover in Danville at Hallmark Cafeteria for dinner. Even though there were intermittent showers during the day, the spirit of everyone was never once dampened. Again, thanks to Mrs. Helen Gunter, president of the club, for another most enjoyable trip.

FFA Forestry Judging Contest

The 30th Annual Southside Area FFA Forestry Judging Contest will be held in the Appomattox-Buckingham State Forest, Saturday, October 16. Winners from the five sub-regions of the area will participate.

Contest plots will be selected and officially scored by Warren Taylor and David Smith of the Virginia Division of Forestry. W. C. Dudley, area supervisor of agricultural education, is in charge of local arrangements.

The contest is co-sponsored by the Virginia Forestry Association. The winning team will represent the 14-county area in the state contest in Rockingham County, October 27.

The Amherst-Appomattox-Campbell federation will be represented by the William Campbell FFA forestry judging team.

Members represented at the Alice-Kyle District meeting, from left, are Mrs. John R. Booker, Mrs. Michael Torrence, Mrs. Samuel Martin, Mrs. Billy Thompson and Mrs. James Nolen.

Delegates Attend Fall Meeting

The Alice-Kyle District of the Virginia Federation of Women's Clubs held its fall meeting October 7th in Altavista.

The Junior Woman's Club of Appomattox was represented by delegates Mrs. John R. Booker, President; Mrs. Michael Torrence, elected voting delegate from the club; Mrs. Samuel Martin, District Jr. Chairman of the Home Life Department; Mrs. Billy Thompson, District Jr. Chairman of the Mental Health Department; and Mrs. James A. Nolen, District Jr. Chairman of Leadership Development.

The meeting centered around the Alice-Kyle District theme "Investing in People - The Greatest of all Concerns". Mrs. Jerry Falwell, President of the Alice-Kyle District presided.

Guest speakers were Mrs. John O. Gregory, State President of the Va. Federation of Women's Clubs and Mrs. S. L. Lionberger, Jr., State Jr. Director. Mrs. Gregory and Mrs. Lionberger spoke on the objectives and goals of the Virginia Federation of Women's Clubs for the 1976-78 administration. The VFWC theme is "Reach Out! With Faith - Activate Concerns". Mrs. Lionberger stressed to the 94 women present the importance of the support of the clubs within the district in the Junior State Project "ASK" - The Association for the Study of Childhood Cancer.

Departments and Divisions of the Alice-Kyle District had booths and displays set up emphasizing the objectives of each department. members from the Appomattox Jr. Club taking part in these displays were Mrs. Martin, Mrs. Thompson and Mrs. Nolen, District Jr. Chairmen. Business sessions for the Juniors and Generals were held following the Jr. Session held at 9:00 A. M. A delightful luncheon ended the meeting with members from the Altavista Women's Clubs serving as hostesses.

MRS. BRIGHTWELL'S 4-H CLUB

Mrs. Brightwell's 4-H club met on Friday, October 8. Tom Cobb led us in the pledge of alligiance. Norma Richardson and Ray Richardson led us in two songs. Mr. Sweet and Mr. Goldman told us about our 4-H projects and we selected the ones we wanted. Then Mr. Sweet and Mr. Goldman told us about Share-The-Fun, and showed us some slides about it. Then they gave us our Introductory 4-H books and our project books. Then the president Tom Cobb adjourned the meeting.

Susan Reed,
Reporter

The Heart Of Appomattox

By Terrie Conrad

When a stranger comes to Appomattox it is, of course usuallly to visit the Appomattox Historical Park and soak up the drama surrounding the McLean House and adjoining acres.

It's a great educational and, for those with imagination, emotional experience.

However had the visitor spent more time in Appomattox he would have found even more opportunity to learn from one of Appomattox's best resources - her people.

It is this reporter's intention to spotlight some of its citizens, old, young, and in-between, for the benefit of the occasional visitor, new resident and most of all to get to know each other a little better.

Look for this column in next week's issue of the **TIMES - VIRGINIAN.**

FBLA Fall Workshop Held

On September 25, 1976 a Future Business Leaders of America Fall workshop was held at Longwood College in Farmville, Virginia.

Those that attended are as follows: Debbie Moore, Mary Anne Lewis, Melinda McIntosh, Cindy Almond, Carolyn Grishaw, Cindy Roach, Judy Ayres, Debbie Roach, Mrs. Joan Holt, and Mrs. Mary Jane Alvis.

At this workshop there were eight different classes held: leadership; planning effective programs; secretaries and treasures; publicity; parliamentary; financial activities; bulletin boards, exhibits, and yearbook; and project help.

All of these classes gave suggestions to help each individual school with their problems and to give them more ideas for the chapter.

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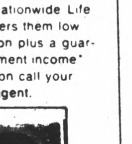

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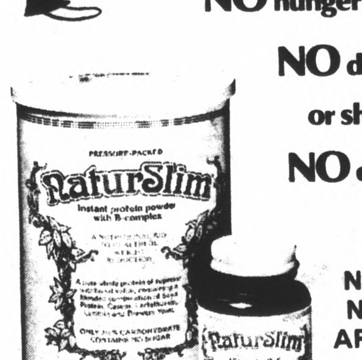

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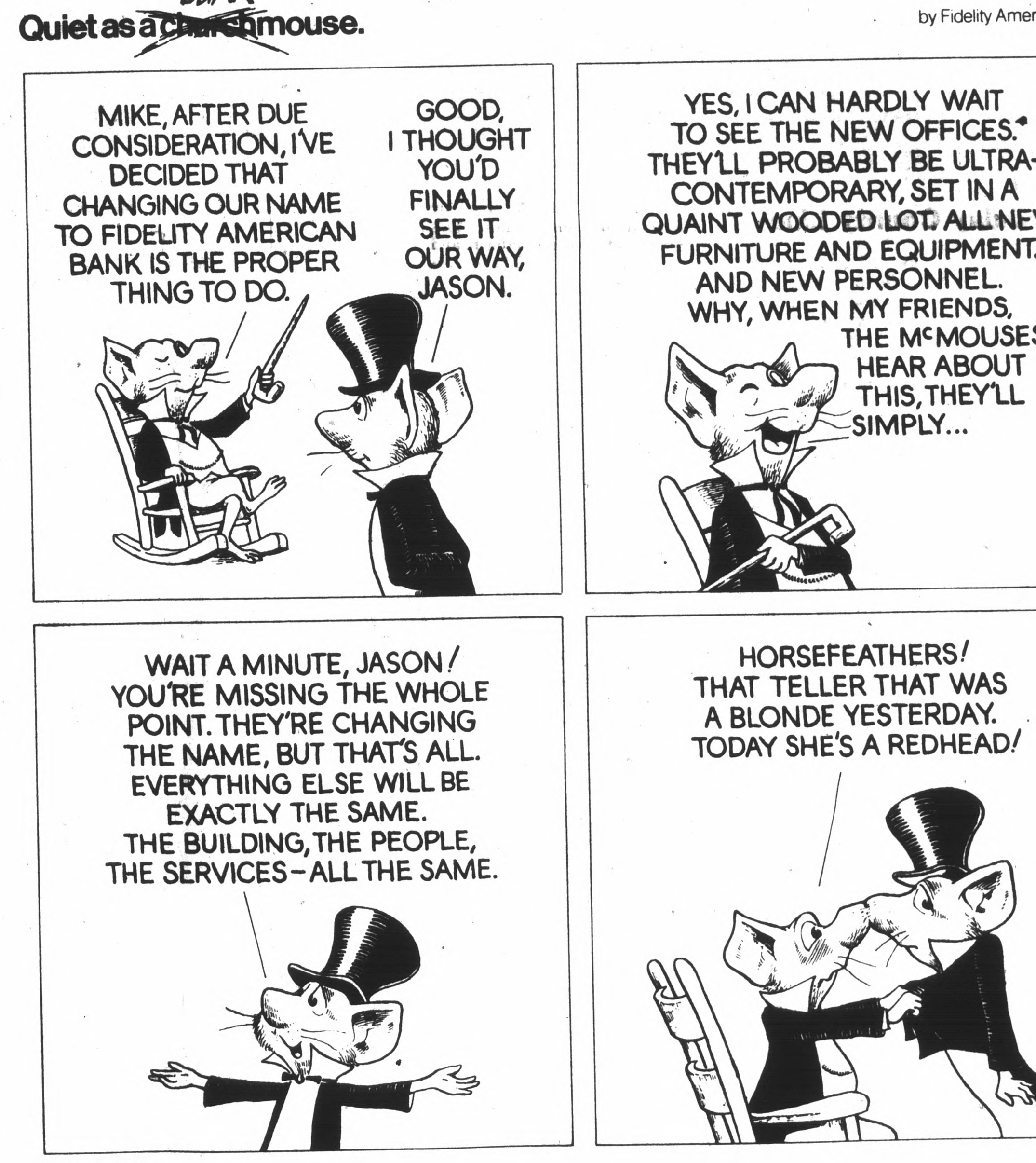

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